

Required Personal Gears Check List For Lower Altitude Trekking Trip



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SL	✓	Items	SL	✓	Items
1		Day Pack (30-40 L) – 1	17		Head Touch/ Torch Light – 1
2		Light weight Hiking Trekking Boot – 1 pair (ankle procted recommended)	18		Spare Batteries/ Bulbs
3		Light weight down jacket – 1	19		Water bottle (1 litter) – 1
4		Light weight (0° rated) sleeping bag - 1	20		Underwear - 4/5 pairs
5		Trekking pant - 2	21		Warm hat, wool/Balaclava – 1
6		Normal trousers, Light weight - 1	22		Sun lotion cream & hat – 1/1
7		Thermal inner top - 1	23		Sun glasses – 1
8		Thermal inner bottom - 1	24		Personal small towel – 1
9		Water & wind proof jacket with hood - 1	25		Personal first Aid kit – 1 set
10		Fleece jacket - 1			OPTIONAL
11		T-shirts - (long -2 /short – 1)	1		Trekking Poles - 1 pair
12		Fleece wind stopper gloves – 1 pair	2		Books
13		Fleece scarf or neck gaiter – 1	3		Camera/lens
14		Socks (Light & Heavy) - 4 pairs	4		Journal/Diary
15		Sandals/Camping shoe – 1 pair	5		Money Belt
16		Running Shoe/Sneakers – 1 pair	6		Map & Altimeter

Note: Down Jacket & Sleeping bag are available on rental basis or provided as part of the services*

Trek duffle bag will be provided upon arrival in KTM as souvenir*